



MyPyramid Audio Podcasts

Physical Activity 1 - Part of a Healthy Life

[Intro Music] Welcome to MyPyramid Podcasts, brought to you by the USDA's Center for Nutrition Policy and Promotion. I'm your host, and I'll be sharing tips you can use everyday to eat right and get active.

[Sound Effects: jogging, biking, ball sports] We've been talking a lot about better choices when it comes to food. But there's another key part of a healthy lifestyle. It's physical activity. This simply means moving your body and using energy. But clicking a computer mouse or pushing the elevator button doesn't count. You need activities that increase your heart rate. Start walking briskly or try gardening. Try activities that make your heart work harder, like jogging or swimming. Aim for 30 minutes everyday or most days of the week. Aim for even more if you're trying to loose weight.

Why do you need physical activity if you're eating a healthy diet? Join us next time as I share the benefits of getting active. In the mean time, check out MyPyramid.gov for more great tips. See you soon!